

Give your old books a second life

NANCY ALLEN
DIRECTOR OF PUBLIC HEALTH

The Shrewsbury Board of Health began a book recycling program on December 1, 2005. Used books, including paperbacks, hardcover books, school texts and encyclopedias will be accepted at the Shrewsbury Senior Center from 8:00 A.M. to 4:00 P.m. Monday through Friday.

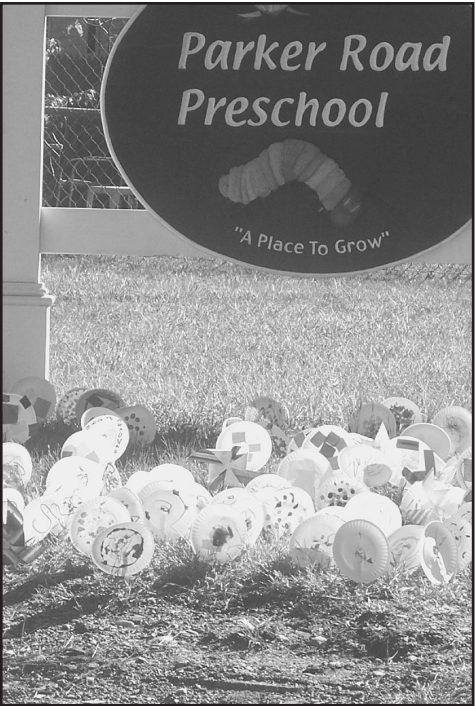
On Saturdays and Sundays books will be received at Fire Headquarters, 2 Church Road and at the Fire Station on Route 20 at the corner of George Street and at the Lake Station on Harrington Avenue.

The books will be donated to an agency called "Literacy for All" which collects surplus books for charity and distributes them to other countries.

Please go to "www.Shrewsbury-ma.gov" and click on the Health Department for more information on donating used books.

Books recycled will save the cost of disposing books as trash. Two hundred tons of books will save the town \$7,300. Savings will double when the disposal fee increases becomes effective in 2008.

Pinwheels for peace



PHOTOS BY TRISH HALLOWAY

Students of all ages set their pinwheels for "whirled" peace as part of an international art installation for World Peace Day on September 21st. Above, Parker Road Preschool and below, Spring Street School pinwheels.



Family disaster plan

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Being prepared before a disaster strikes is one of the best ways to make your family and home safer. Taking preparatory action now is a way to exert a measure of control over the unknown. We hope the following information and checklists will be valuable aids for your own preparation:

1. BE PREPARED

- Post emergency telephone numbers by phones (fire, police, ambulance, etc.)
 - Determine your family emergency contact.
 - Designate emergency meeting places for your family.
 - Teach children how and when to call 9-1-1 or your local Emergency Medical Services number for emergency help.
 - Stock emergency supplies and assemble a disaster supplies kit. (See the American Red Cross website: <http://www.redcross.org/disaster/be-prepared/supplies.html> or phone the Disaster Information & Resource Center at 1-866-GETINFO (1-866-438-4636).)
 - Conduct a home hazard hunt.
- In a disaster, ordinary items in the home can cause injury or damage. Anything that can move, fall, break, or cause a fire is a potential hazard.
- Determine the best escape routes from your home. Find two ways out of each room.
 - Find the safe place in your home for each type of disaster.
 - Install smoke detectors on each level of your home, especially near bedrooms, and check batteries every six months.
 - Show each family member how and when to turn off the utilities (water, gas, and electricity) at the main switches.

Being prepared before a disaster strikes is one of the best ways to make your family and home safer.

- Get training from the fire department for each family member to use the fire extinguisher (ABC type) and show them where it is kept.
- Take a Red Cross first aid and CPR class.
- Check if you have adequate insurance coverage (property, life & health)
- Consider ways to help neighbors of family members who may need special assistance (elderly, people with disabilities, etc.)
- Know your Shrewsbury Emergency Plan

2. THINGS TO REMEMBER DURING A DISASTER

Family Emergency Card

Contact Numbers for			Name	D.O.B.
Family Member	Work/School Phone Number	Cell Phone		
Family Member	Work/School Phone Number	Cell Phone		
Family Emergency Contact Ask an out-of-state friend to be your "family contact." After a disaster, it's often easier to call long distance. Other family members should call this person to say where they are. Everyone must know your contact's phone numbers.				
Out-of-state Family Contact		Day Phone		
Evening Phone		Cell Phone/Beeper		

Address			Phone	
Address			Phone	
Address			Phone	
Emergency Meeting Place Emergency meeting places are essential in case you need to evacuate your home or you cannot return home following a disaster. Pick two places to meet: 1. Right outside your home in case of a sudden emergency, like a fire. 2. Outside your neighborhood in case you can't return home: Everyone must know the address and phone number.				

Copy, fill out and fold the above card for each family member to keep in their wallet or back pack. Share this information with family and friends living outside of Shrewsbury.

- Remain calm and patient. Put your plan into action.
- Check for injuries and give first aid and get help for seriously injured people.
- Listen to your battery-powered radio for news and instructions.
- Check for damage in your home. Use flashlights. Do not light matches or turn on electrical switches if you suspect damage. Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows, and get everyone outside quickly. Shut off any other damaged utilities.
- Clean up spilled medicine, bleaches, gasoline, and other flammable liquids immediately.

3. REMEMBER TO:

- Call your family contact—do not use the telephone again unless it is a life-threatening emergency.
 - Make sure you have an adequate water supply in case service is shut off.
 - Stay away from downed power lines.
 - Check on your neighbors, especially elderly or disabled persons.
 - Confine or secure your pets.
- Source: www.mass.gov/eohs/MassSupport

Move over, George Lucas

Shrewsbury Educational TV (SETV) is looking for people to film and edit school events. They will provide the camera and allow you to use their editing room and special software.

The professionals at SETV will teach you tricks of the trade and warn you of the pitfalls.

Parents Erica Bodden, Kelly Dupuis and Joanne Samont are parent hosts and producers for the Middle School News Network (MSNN). They created this format to provide school council news. You decide how you want your show to air.

The new skills may translate into your personal life as Michael Brand found.

Brand produces a monthly segment entitled, "Celebrating our students."

His family video collection has benefited from the training he received from SETV employees Liz Poplawski and Bill Nay.

Call 841-8650 for more information.



PHOTO BY BILL NAY

Liz Poplawski assists Michael Brand in camera setup.